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Ninjutsy yellowbelly hiji enpi how to do it step by step

Hiji (elbow) and **enpi** (elbow strike) are fundamental striking techniques in Ninjutsu and are commonly included in the yellow belt (5th Kyu) syllabus[1][2]. While detailed, step-by-step instructions specific to "Ninjutsu yellowbelly hiji enpi" are not explicitly found in the search results, the following is a standard step-by-step method to perform a basic **hiji/enpi (elbow strike)** as practiced in many Ninjutsu and traditional Japanese martial arts systems:

Step-by-Step: Basic Hiji/Enpi (Elbow Strike)

1. **Stance Preparation**
    - Begin in a natural stance, feet shoulder-width apart, knees slightly bent, and hands in guard position near your face or chest for protection[2][1].
2. **Chamber the Arm**
    - Decide which elbow you will strike with (for example, right elbow).
    - Pull your right arm back so your forearm is parallel to the ground, elbow bent, and hand near your ribcage or shoulder.
    - Your other hand guards your face or is extended slightly forward.
3. **Body Rotation**
    - Rotate your hips and shoulders toward the target to generate power.
    - Keep your core engaged and your back straight.
4. **Strike Execution**
    - Drive your elbow forward and slightly upward (for a standard horizontal or rising elbow strike).
    - The motion should be compact, using your body's rotation and the snap of your hips for power.
    - The striking surface is the point of your elbow.

5. **Follow Through and Recover**
    - After contact, quickly retract your arm to the guard position.
    - Reset your stance and prepare for the next movement or defense.

Key Points:

- Keep your other hand up to protect your face throughout the motion.
- Use your whole body, not just the arm, for maximum power and effectiveness.
- Practice slowly at first, focusing on form and balance, then increase speed and power as technique improves.

Note: The term "yellowbelly" appears to be a mishearing or mistranslation; the correct reference is likely "yellow belt" (5th Kyu), which is the first colored belt level in many Ninjutsu systems[2][1]. The elbow strike (hiji/enpi) is a required technique at this level.

If you require a specific variation (such as upward, downward, or side elbow), or a combination with footwork or other strikes, please specify, and I can provide further detail.

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1. https://www.akban.org/wiki/Yellow_belt,*5th_Kyu_syllabus*-_Ninjutsu
2. https://www.akban.org/learn_ninjutsu/first